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## KOREAN NATIONAL DISHES

**Abstract:** Each nation has its own customs, values, lifestyle and even food. Korean cuisine is very diverse. In our article, we will mention the national dishes of Korea.

**Keywords:** Kimchi, Seollongtang, Nori, Bibimbap.

South Korea is famous all over the world, especially among young people. Their cuisine is distinctly cultured. The quality of spices and the color of ingredients. Although Koreans like to eat healthy, you can find a lot of spicy food in their diet.

Kimchi or kimchi is the most famous dish of the Korean people, which tourists always ask about when they first come to South Korea. "Have you tried kimchi?"

Kimchi is made from cabbage: it is fermented, seasoned with onion juice, pepper, ginger and garlic. Kimchi can be said to be an integral part of Korean cuisine. Kimchi is a representative of national Korean cuisine, which grandmothers prepare every year according to their own recipes and share with family members.



Bibimbap. It is also very popular in Korea. First of all, this is due to the ease of preparation and excellent taste. In fact, it is rice mixed with eggs, vegetables and herbs. Anyone can join in.

Rice, familiar to all of us, is one of the national dishes of Koreans. Their daily diet consists of rice and nori, that is, seaweed. Koreans believe this is the secret of beauty and the key to healthy skin.

Korean cuisine is distinguished not only by its balanced taste, but also by its health benefits. For example, hard-to-digest meat is often combined with pickled vegetables. Thanks to this, the work of the digestive system is significantly simplified and the body perceives fatty foods much easier.

It is not surprising that traditional Korean cuisine is so popular. The food prepared in this country has a multifaceted taste and unique aroma.

Seollongtan (seollongtan is a white thick soup made from beef and bones) This wonderful soup is made from the bones and meat of a bull, and it takes a very long time to cook - about 10 hours. As a result, the broth will have an unusual white color and a very rich taste. In general, the soup is most delicious at midnight, so it is often served at this time in restaurants. Koreans love to eat this soup because it is rich in collagen.

Korean national cuisine is so great that it is impossible to write or count it. Koreans have a special love for food. It is popular among them to drink soju, and after soju, they always drink anti-intoxication soups.



**Links:**

1. Национальные корейские блюда <https://www.tomsk.ru/news/view/141330-natsionalnyye-koreyskiye-blyuda>
2. 12 лучших блюд корейской кухни, которые стоит попро <https://aviata.kz/media/selection/12-natsionalnykh-bliud-iuzhnoi-korei-kotorye-stoit-poprobovat-kazhdomu-turistu/>
3. <https://korfood.ru/blog/articles/12-koreyskikh-blyud-kotorye-obyazatelno-nuzhno-poprobovat/>